



BODY,

SELF

AND

FAMILY:

**WOMEN'S EMOTIONAL,
PSYCHOLOGICAL AND
BODILY HEALTH IN
BRITAIN, c. 1960-1990**



University of Essex

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We're a team of historians from the University of Essex who want to know more about women's health in a time of sweeping social changes.

Women's lives changed dramatically from the 1960s. Marriage rates declined and divorce rates increased. The Pill meant that women had fewer children. More women entered the workplace.

We want to understand what these changes meant for ordinary women's experiences of physical and emotional health.

- How did women learn about health?
- What knowledge did they pass on to their families?
- How did class, race and sexuality affect women's health?

To find out about these crucial issues, we are interviewing women born between 1940-1970 about their experiences. These interviews will be archived in the British Library as a resource for future generations of historians.

We believe it is especially important to record the experiences of women who haven't always been represented in traditional histories. We'd especially like to hear from women who identify as:

- Working-class
- BME
- LGBTQ+

We also want to use this understanding of women's past experiences to improve the emotional wellbeing of girls and women today.

We believe that understanding the past can help people to change their futures. We are working with schools, voluntary organisations and community groups. We aim to co-produce materials and activities that reflect on past experiences of health, and consider what could be different today.

If this sounds interesting, please get in touch with us! We are especially keen to hear from:

- Women born between 1940-1970 who would like to be interviewed
- Members of schools, voluntary organisations and community groups who would like to co-produce resources with us
- Anyone who wants to know more about the project.

CONTACT

To find out more please go online <https://bodysselffamily.org/> or email us at admin@bodysselffamily.org

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THANK YOU FOR
PARTICIPATING
IN THIS PROJECT!